

INFORMATION FOR DEFENCE FAMILIES

Defence Member and Family Support (DMFS)

DMFS provides a number of support and information services to help ADF families connect and contribute to the local community. Staff can provide information and strategies for managing the challenges of military life, details about services and programs, and information about groups and events in the local area. DMFS provides assistance in times of family crisis such as illness, accident or bereavement.

www.defence.gov.au/members-families/

The Liverpool DMFS office is located at Building G229 Soldiers Way Holsworthy Barracks

Email the Liverpool office and ask to receive an electronic copy of the Bulletin.

DMFS.Liverpool@defence.gov.au

The **Defence Member and Family Helpline** is your first port of call for support, information and connection with your local community. The Helpline is available 24-7 and is staffed by qualified human services professionals including social workers and psychologists.

Phone: 1800 624 608

memberandfamilyhelpline@defence.gov.au

The Education Liaison Officer

The EDLO is a qualified, experienced teacher who can assist ADF families with advice, information and support relating to educational matters. (See **Family/Kids/Education in the drop-down menu on the DMFS site** for more details.) ADF families can feel confident that issues such as mobility and educational opportunity are recognised by Defence and the EDLO is at hand to advise. The EDLO can be contacted through the Helpline above.

DFM magazine www.defence.gov.au/dco click on "Defence Family Matters"

Defence Special Needs Support Group www.dsns.org.au

Defence Families of Australia www.dfa.org.au

The following services are listed for your convenience. This is only a selection and is by no means an exhaustive list, nor are these services being personally recommended.

Useful Links

Department of Veterans Affairs www.dva.gov.au

Liverpool and Fairfield Parenting Events calendar www.resourcingparents.nsw.gov.au

For links to all kinds of useful information go to www.defence.gov.au/dco/NSW.htm and click on the Liverpool tab.

www.liverpool.nsw.gov.au

www.mycommunityconnect.com.au

Open Arms (Formerly VVCS) www.openarms.gov.au

Local shopping

www.westfield.com.au/liverpool

www.crossroadshomemaker.com.au

www.casulamall.com.au

www.megacentalliverpool.com.au

There is a small shopping centre across the road from our school – IGA/newsagent/post office takeaway foods, hairdresser, florist, pharmacy, yoga studio, bottle shop,

Larger shopping centres are found at Wattle Grove – Coles

Moorebank - Woolworths

Local Childcare Centres

<http://oshc.ymcansw.org.au/hammondville> Before and After School Care in our grounds

www.echildcare.com.au and click on the Liverpool link

Hammondville Public school uniforms are sold through the school (enquire at the office)

Services

All Care Medical Centre 192 Heathcote Rd Hammondville Ph: 9825 2222

All Care Medical Centre Shop 9 Wattle Grove Plaza Australis Ave Ph: 9825 4222

Wattle Grove Family Medical Practice 24 Labuan Rd Holsworthy Ph: 9825 3555

Moorebank Natural Health Centre www.moorebankchiropractic.com.au

Dental Surgery Specialist Medical Centre 194 Heathcote Rd Hammondville Ph: 9825 2233

Moorebank Dental Surgery 37 Stockton Ave Moorebank Ph: 9601 2260

Dental Surgery 16 Stockton Ave Moorebank Ph: 9602 0962

Pet Services

Moorebank Veterinary Hospital 35 Stockton Ave Moorebank 8798 4859

Liverpool Veterinary Hospital 329 Hume Hwy Liverpool Ph: 9602 6015

www.renburyboarding.com.au

www.sydneydogtraining.com.au

www.australboarding.com.au

Places to Go

www.sydney.com

www.sydney.com.au

www.cityofsydney.nsw.gov.au

www.aroundyou.com.au

www.nationalparks.nsw.gov.au

www.visitnsw.com

www.visitmacarthur.com.au